



7 DAYS OF CLEAN EATING

Recipes & Ideas

MAYBE I WILL

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I
BREAKFAST

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BREAKFAST

PROTEIN SHAKES

View the list of 49 flavors here:

<http://maybeiwill.com/category/52-weeks-of-protein-shakes>



COCONUT OIL SUGAR-FREE SYRUP

- 1/2 cup Honey
- 1 tsp Cornstarch
- 1 tsp Baking Soda
- 1/4 cup Buttermilk
- 1 tsp Vanilla Extract
- 1/2 cup Melted Coconut Oil



1. In a medium saucepan over medium heat, combine coconut oil, honey, buttermilk and cornstarch. Make sure you whisk well while the mixture is still cool to ensure that the cornstarch doesn't clump.
2. Heat and stir continuously until coconut oil is melted and mixture starts to bubble.
3. Remove pan from the heat and stir in 1 tsp vanilla extract and 1 tsp baking soda. Mixture will bubble ferociously and leave you with a frothy, delicious syrup.

BLENDER OATMEAL PANCAKES

- 1 Egg
- 1 Banana
- 1 tbs Honey
- 1/2 tsp Cinnamon
- 1 tsp vanilla extract
- 1 1/2 tsp baking powder
- 1/4 tsp salt (I like sea salt)
- Coconut Oil for Cooking
- 2 cups Uncooked Old Fashion Rolled Oats
- 1 1/4 cups Unsweetened Vanilla Almond Milk



1. Blend ingredients in a blender
2. Prepare griddle or skillet 350 degrees
(I just use a paper towel and rub down my griddle with a little coconut oil while it's warming up)
3. Pour batter to make pancakes desired size.
We like small pancakes at our house, so that way we can stack em!

EGG WHITE MCMUFFIN

- 2 Slices Canadian Bacon
- 1 Slice Reduced Fat Cheese
- 1 pc 100-calorie Whole Wheat "Thins" Bun or Whole Grain English Muffin
- 4 Egg Whites flavored with Sea Salt and Ground Pepper



1. Prepare egg whites – cook them flat so that you may fold them (don't scramble)
2. Cook canadian bacon
3. Toast bun
4. Assemble sandwich!

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CHOCOLATE PEANUT BUTTER STEEL-CUT OATS

STEP 1: PREPARE CUT OATS

$\frac{1}{8}$ tsp salt
1 cup Steel-cut Oats
3-4 cups Water
(or a mix of water and milk)



1. Bring the water to a boil: Use 3 cups of water for firmer, more intact oat grains or 4 cups of water for creamier oatmeal
2. Pour the water into a saucepan and bring it to a boil over high heat
3. Stir in the oats and the salt: Pour the oats into the water, add the salt, and stir
4. Return to a boil: Let the water come back up to a rolling boil — this should only take a few seconds. Be watchful as the water comes back to a boil as it can sometimes foam up and spill out of the pan
5. Reduce heat to low: Once the water is boiling, reduce the heat to low and bring the oats to a simmer. You may need to play with the exact setting on your stove — aim to keep the oats at a barely perceptible simmer. You should see steam coming off the water with a bubble or two every few seconds
6. Simmer for 20 to 30 minutes: Let the oats simmer for anywhere from 20 to 30 minutes, stirring occasionally and scraping the bottom of the pan. Cook until the oats are very tender and the oatmeal is as creamy as you like it — longer cooking will make thicker oatmeal
7. Serve immediately or refrigerate for 1 week: The oats are ready to eat immediately. You can also let the oats cool and then store them in an airtight container in the fridge for up to a week. The oats will thicken in the fridge; stir a little milk or water into them when reheating to loosen

STEP 2: PREPARE PB OATS

$\frac{1}{2}$ cup Prepared Oats
1 tsp Raw Cocoa Powder
1 Tbs Natural Peanut Butter
Stevia to Taste
Unsweetened Vanilla Almond
Milk – for desired consistency



Mix ingredients in a bowl and enjoy!

A close-up photograph of three tacos on a white plate. The tacos are filled with ground meat, melted cheese, and fresh vegetables like tomatoes and basil. A large, semi-transparent green circle is overlaid in the center of the image, containing the text 'II LUNCH'.

II LUNCH

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LUNCH

MEXICAN HAYSTACK WRAP

Lettuce and Tomato
Leftover Mexican Haystacks
Plain Nonfat Greek Yogurt
(if you're wanting sour cream on this)
1 Whole Low Carb Wheat Tortilla



Warm up tortilla and mexican haystacks in microwave then top with toppings and wrap up!

AVOCADO EGG SALAD SANDWICH

1/4 Avocado
2 Hard Boiled Eggs
Sea Salt and Pepper to Taste
Whole Wheat "Thins" Bun



Mix Ingredients and Serve on whole wheat "thins" bun

GRILLED CHICKEN STRAWBERRY FETA SALAD

1/4 cup Feta Cheese
2-3 cups Mixed Greens
2 tbs Balsamic Vinaigrette
1 4 oz Grilled Chicken Breast
1/2 cup Chopped Strawberries
1/4 cup Chopped Walnuts or Pecans



Mix ingredients and serve with 2 tbs balsamic vinaigrette

MARGARITA PITA PIZZA

1-2 tbs Fresh Basil
1 Whole Wheat Pita
1 Roma Tomato - Sliced
1/4 cup Fresh Mozzarella
2 tbs Low Sugar All Natural
Marinara Sauce



Top pita with Ingredients, cook for 10 mins at 400 degrees

TUNA FISH + WHOLE CRACKERS

Sea Salt + Pepper
Mix With 1/4 Avocado
1 can Albacore White Tuna
Dash of Hot Sauce if desired



Serve with whole wheat/almond crackers of choice

CHICKEN CAESAR WRAP

1/2 Romaine Lettuce
1/2 cup Grilled Chicken
1 High Fiber Low Carb Tortilla
2 tbs Low Fat Caesar Dressing
2 tbs Freshly-Grated Parmesan
Cheese



Assemble and enjoy!

TURKEY HUMMUS WRAP

1 tbs Hummus
1/2 cup Fresh Spinach
Sliced Tomatoes to Taste
1 High Fiber Low Carb Tortilla
4oz Low Sodium Fresh Turkey

Assemble and enjoy! You could add cucumber, shredded carrots or any other veggies desired!



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A close-up photograph of a piece of grilled salmon on a white plate. The salmon has distinct grill marks and is seasoned with black pepper. To the right of the salmon are two cherry tomatoes, a lemon wedge, and a sprig of fresh basil. A semi-transparent blue circle is centered over the image, containing the text 'III DINNER'.

III DINNER

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GUILT-FREE MEXICAN HAYSTACKS

- 2 lbs Extra Lean Ground Turkey
brown with $\frac{1}{2}$ onion and red and green peppers if desired
- 1 can Low Sodium Black Beans – drained and rinsed
- 1 cup Brown Rice – prepare according to directions
(you could even use quinoa if desired)
- 1 pack Taco Seasoning – low sodium



1. Make rice while you brown that turkey meat
2. Add the seasoning and drained and rinsed black beans to the meat
3. Combine the cooked rice into the meat and top with nonfat Greek yogurt, low fat cheese and fresh avocados and cilantro.

CAPRESE CHICKEN

- 1 4oz Grilled Chicken Breast –
flavored with favorite grilled seasonings
- $\frac{1}{3}$ cup Chopped Mozzarella
- 1-2 tbs Fresh Basil
- 1 tsp Extra Virgin Olive Oil
- 1 cup Cubed Tomatoes –
I love Roma or Heirlooms in this recipe!



In a small bowl, mix the ingredients and top with grilled chicken!

NO HARM CHICKEN PARM

- 2 Large Frozen Chicken Breasts
- 1 16oz jar organic low sugar spaghetti sauce - (I used a tomato & basil flavor)



That's it!! Set on low and cook 4-6 hours. Serve over whole wheat spaghetti noodles or baked spaghetti squash

ZESTY ITALIAN TURKEY MEATLOAF

- | | |
|-----------------------------------|--|
| 1 tbs Dried Parsley | $\frac{1}{2}$ Green Pepper Chopped |
| $\frac{1}{2}$ Onion Chopped | $\frac{1}{2}$ C Part Skim Mozzarella |
| 1 tbs Italian Seasoning | $\frac{1}{2}$ C Tomato Basil Spaghetti Sauce |
| $\frac{1}{4}$ Fresh Basil Chopped | 1 Italian Turkey Hot Link Casing Removed |
| 1 lb Lean Ground Turkey | |



1. Saute onion and peppers in a bit of olive oil until soft and translucent (3-5 minutes)
2. Add and mix all other ingredients and shape and put in loaf pan
3. Bake at 350 degrees for 45 minutes
4. Top with more spaghetti sauce and freshly grated parmesan cheese, so flipping good you won't even think you're eating healthy!!! Enjoy!

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DINNER

SPINACH MOZZARELLA BURGERS

1 tbs Worcestershire
1 packet Lipton Onion Soup Mix
1 tsp Freshly Ground Pepper
2 tsp Crushed Red Pepper Flakes
1 bunch Fresh Spinach Finely Chopped
1 Cup Part Skim Mozzarella Cheese
2 lbs Lean Ground Beef – more than 80% lean!

1. Mix ingredients and grill to desired rareness
2. Serve on whole wheat bun



FISH TACOS

1-2 lbs Tilapia –
(I buy the vacuumed sealed bags
at Sam's and use 5-6 fillets)
1 tsp Cumin
1 tsp Chili Powder
1/2 tsp Lawry's Garlic Salt w/Parsley

1. Line a small baking sheet with foil
2. Place the fish down on the sheet and sprinkle with the cumin, chili powder, garlic salt and half a lime
3. Bake at 400 degrees for 15 minutes or until fish is flaky. While the fish is baking, make the white sauce



Greek Yogurt Lime White Sauce

1/2 C Greek Yogurt
1-2 tbs Milk –
Just enough to thin yogurt to desired consistency
Juice of 1/2 Lime

1. Whisk ingredients together and set aside
2. Serve with fresh shredded cabbage, salsa or pico de gallo, fresh limes, and corn tortillas. I like to heat up my corn tortillas on a griddle prior to serving

QUINOA CHILI

2 tsp Cumin
1 cup Quinoa
1 1/2 tsp Sugar
1 Onion, diced
1 tbs Olive Oil
Juice of 1 Lime
1 1/2 tsp Paprika
1/2 tsp Cayenne Pepper
1 1/2 cups Corn Kernels
3 Cloves Garlic, minced
1/2 tsp Ground Coriander
1 (15-ounce) can Tomato Sauce
2 (14.5-ounce) cans Diced Tomatoes
1 (4.5-ounce) can diced Green Chiles

3 tbs chopped fresh Cilantro Leaves
1 1/2 tbs Chili Powder, or more, to taste
1 Avocado, halved, seeded, peeled and diced
1 (15-ounce) can Black Beans, drained and rinsed
1 (15-ounce) can Kidney Beans, drained and rinsed
Kosher Salt and freshly ground Black Pepper, to taste

1. In a large saucepan of 2 cups water, cook quinoa according to package instructions; set aside
2. Heat olive oil in a Dutch oven or large pot over medium high heat. Add garlic and onion, and cook, stirring frequently, until onions have become translucent, about 2-3 minutes
3. Stir in quinoa, diced tomatoes, tomato sauce, green chiles, chili powder, cumin, paprika, sugar, cayenne pepper, coriander and 1-2 cups water, making sure to cover most of the ingredients; season with salt and pepper, to taste
4. Reduce heat to low; simmer, covered, until thickened, about 30 minutes. Stir in beans, corn, cilantro and lime juice until heated through, about 2 minutes
5. Serve immediately with avocado, if desired



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IV SNACK IDEAS

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SNACK IDEAS YOU SHOULD TRY

- Fresh Veggie + Hummus (2 TBS)
- No Fat Greek Yogurt with 1 TBS Almond Butter + 1 TBS Honey
- Fresh Fruit
- Apple + 1 tbs Almond Butter
- Celery + 1 tbs Almond Butter
- Apple + 1 Cheese Stick
- Fresh Veggies – My personal fav sugar snap peas and grape tomatoes
- 1 Hard Boiled Egg + Veggie
- Lara Uber Bar
- Small Handful Almonds



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